



Hallo



Salaam



Dada Namona



Shalom



Merhaba

CAMBRIDGE FAMILY NEWS

Information, Support, & Activities for Families of Children Ages 0-6

September - October 2006

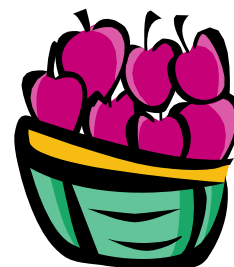
Fall at the Center for Families

I love the fall. Maybe it's my memories of the wonderful feel of new sneakers for school, or the arrival of eight different kinds of apples in the grocery store, or the switch to cooler weather after too many hot days when it seemed all the energy was baked out of me. Whatever the reason, fall always feels like a new beginning with possibilities galore.

For the Center for Families and our many partner programs, this fall is a very exciting time. In this issue of the *Cambridge Family News* you'll find listings for many family activities, community special events, and parenting support and education opportunities. Many of the activities you participated in over the summer or last year may have changed, so I encourage you to look carefully at these listings and mark your calendars for the things you don't want to miss.

Take special notice of the parent workshops and groups starting this fall. These activities are a great way for parents and caregivers to get information and support from each other to help deal with the stresses of family life. As busy as we all are, taking a few hours to discuss our challenges and joys can give us new tools and new energy to reduce personal and family stress. It may not be easy to fit it in, but its worth it. We'll be offering new workshops each month on different topics. I hope you'll bring your questions and experiences to the mix.

Jenn Kapuscik



Getting Kids Ready for School at Any Age

The fall is coming. The nights are colder and the mornings are wet with dew. So now is the time for school again. What's a child to do?

Older children are getting new clothes, shoes, and book bags for school and younger children are wanting something new too. Parents, plan a school year for your infants, toddlers, and preschoolers. Make a calendar for the fall and plan



your weeks to include library time, play dates with friends, walks around Cambridge, playtime with the Center for Families, or Cambridge Community Playgroups. And don't forget field trips - passes to many museums are available for free at the library. When it's just you and your little one or ones, make creative play and exploration their school sessions. Remember, young children learn best by playing.

Have fun getting ready for Fall. **Nadine Jones-Ruffin**

Cribs, Carseats, & Clothes

Do you need children's furniture, clothes, or equipment for your home? Do you have things you don't need any more that you want to pass on to another family? We can help you make the connection through Cradles to Crayons and the Children's Clothing Exchange. Call or email Nadine for more information, 617-349-6967, njonesruffin@cambridgema.gov.

Inside this issue:

Playing and Learning
Parent-Child Activities
Parent Education and Support

page 2
page 3
page 4

Family Activities
Center for Families News
Parent Bulletin Board

page 5
page 6
page 6

Special Events
Community News/Events
Community Resources

page 7
page 8
page 9

PLAYING AND LEARNING

Playdough

You can make your own playdough at home following this easy recipe. Kids can help with mixing and measuring.

2 cups flour
1 cup salt
2 tablespoons cream of tartar
2 cups water
1 tablespoon vegetable oil
Food coloring (can be added before or after cooking)



In a small pot, combine the ingredients and stir them up well. Put the pot on the stove on medium heat, stirring the mixture as it heats. The cream of tartar will cause the mixture to get thicker as it cooks. It will begin to look more like dough and start to stick to the sides of the pot. When it is mostly doughy, take it off the stove to cool. Knead it like bread dough and when it is cool enough for little hands, let children dig in. Add a few drops of food coloring and see what different colors of playdough you can make. Keep it in a plastic bag or air tight container and it will last.

You can bake children's finished playdough sculptures for a short time in a 300 degree oven and they will harden nicely.

How Toddlers Play: Filling and Dumping

Why does your toddler keep spilling things on the floor? They're not just trying to drive you nuts. The little scientist in your toddler is experimenting to find out what it sounds like, looks like, feels like to spill things, or drop things, or throw things. And they're excited to find out that they have the power to impact the world around them. They're even paying attention to the ways they are affecting you ("Hmm, this noise makes Mommy stop cooking and pay attention to me"). Building a tower of blocks and knocking it down is part of the same learning process. For toddlers, knocking the blocks down is as important as building them up. It's fun, and totally normal.



So if adults can look at filling and dumping as a natural part of toddler play, then we can stop feeling frustrated and put our energy into steering children away from things that shouldn't be dumped and toward things that are okay. Even clean-up can be part of the fun.

Make special containers to hold small things that toddlers can dump and fill. Take a coffee can (file or tape over sharp edges), plastic container, or shoe box and help your child decorate it. Fill it with blocks or buttons or milk bottle caps. At the park you can collect acorns or pine cones. Kids can pour things from one container to another, pour them out on the floor and sort them into piles, build a tower, practice counting, and then put things back in their container again. Just remember that you need to watch young children to make sure they are not putting small things in their mouths. The smaller the child, the larger the playthings need to be to protect them from choking.

Fall Reading Suggestions from Nadine

There are so many wonderful children's books to share. Here are some of my favorites for fall. Find them at the library. The children's librarians can make suggestions for your child.

It is the Wind by Ferida Wolff

Leaf Man by Lois Ehlert

My Kindergarten by Rosemary Wells

You and Me by Martine Kindermans

Groundhog Stays Up Late by Margery Cuyler

Mama Outside, Mama Inside by Dianna Hutts Aston

Oh My Baby, Little One by Kathi Appelt

Little Brown Bear Won't Go to School by Jane Dyer



PARENT-CHILD ACTIVITIES

Pajama Story Hour at the O'Neill Branch Library

Parents and children can come to the library in pajamas on the last Wednesday of the month to hear stories read by neighborhood parents and enjoy a snack before bed. This is a great way to visit the library as a family. Bring a favorite book to share and discover new favorites.

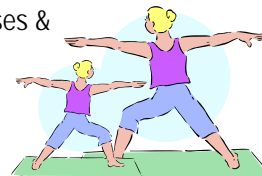


Last Wednesday of the month, 6:00-7:00 pm
September 27th and October 25th
O'Neill Branch Library, 70 Rindge Avenue

PARENT & CHILD RELAXATION & YOGA WORKSHOP

(for parent-child pairs together, children ages 3-5)

Discover and explore the joy of connecting with your child by doing fun and relaxing exercises & games together. This is for children that are at least 3 years old (no exceptions). Wear comfortable clothes.



Facilitator: Marie-Noelle Doucet
Center for Families, Peabody School
October 28th, 10:30-11:30 am

You must call 617-349-3003 ext. 2 to sign up in advance.

FAMILIES OF TWINS AND MULTIPLES

Come to the Center for Families for a Saturday afternoon play date with other families of twins and multiples. This monthly gathering is a purely social occasion. We'll have activities for the kids and snack will be provided.

Call Marie-Noelle for more information, 617-349-3003-ext 2.

Saturdays, 3:30-5:00 pm

September 9th and October 28th

Center for Families, 70 Rindge Ave. (rear)

**** No Pre-registration Required ****



Early Intervention Playgroups

Cambridge-Somerville Early Intervention (CSEI) runs inclusive parent/child playgroups that provide opportunities for children with a variety of strengths and needs to engage in developmental play. Groups are open to children up to 3 years old. Families not enrolled in Early Intervention pay a fee on a sliding scale. Groups meet at 61 Medford Street, Somerville (near Twin Cities).

Groups are filled on a first-come, first-served basis. Call Laura at 617-629-3919 x172 for information.

CENTER FOR FAMILIES FREE FAMILY PLAYTIMES

We bring toys, activities, singing, and snacks, you bring the kids and the fun. Bring your children (0-5) and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. Call Luz at 617-349-6385 or Nadine at 617-349-6967 for more information. Groups start the week of September 11, 2006.

Mondays



Margaret Fuller House,
71 Cherry St.
10:00 - 11:30 am

Parent-Infant Group

Center for Families, 70 Rindge Ave. (rear)
12:30-2:30 pm (babies under 14 months)

Tuesdays

Fresh Pond Apartments, 364 Rindge Ave
10:30 am-12:00 noon



Central Square Library,
45 Pearl St.
10:30 am-12:00 noon

Wednesdays

Area IV Youth Center, 243 Harvard St.
10:00 - 11:30 am

Thursdays

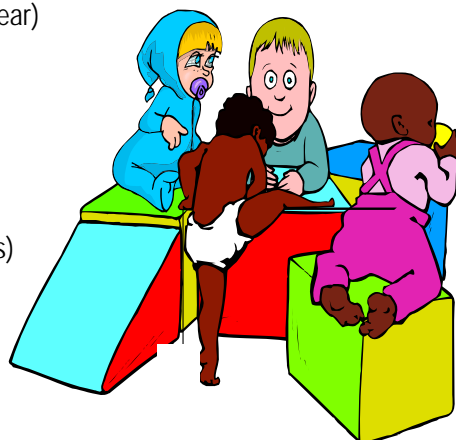
Center for Families, 70 Rindge Ave. (rear)
10:00-11:30 am
402 Rindge Avenue
10:00-11:30 am (residents only)

Parent-Infant Group

Margaret Fuller House, 71 Cherry St.
12:30-2:30 pm (babies under 14 months)

Fridays

Walden Square Community Room,
21 Walden Square Road
1:30-3:00 pm



Be healthy. Please keep children home if they have had a fever, chronic cough, or throwing up within 24 hours of activities.

PARENT EDUCATION AND SUPPORT

Setting Limits with Young Children

(parents of children ages 2-5)

All parents struggle to understand and respond to children's behavior. "Discipline" is one of the most complicated parts of the parenting job. How can we set limits which are firm and clear and show our caring at the same time? This group will give parents an opportunity to:

- Appreciate the hard work of parenting,
- Identify children's social and emotional needs, and
- Talk about strategies for setting limits and working through behavior issues with our young children.

Refreshments and childcare provided.

Friday, October 13th, 9:30 am to 11:30 am

Center for Families, 70 Rindge Avenue (rear)

Tuesday, October 17th, 6:00 to 8:00 pm

Margaret Fuller House, 71 Cherry Street (near Central Square)

For information or to sign up for one of these two workshops, call Jenn Kapuscik, 617-349-3002.

MOMS' DISCUSSION GROUP

Being a mom is challenging. You have to juggle your time and roles—mother, spouse, worker, learner. Take a break to think about your priorities, share with other moms, and talk about where you want to go. Snacks and limited childcare provided.

Facilitator: Suzan Wolpow

Saturdays, 10:00-11:30 am, September 16th and October 14th
Center for Families, Peabody School

***You must call to sign up for childcare 617-349-6385 ***

OTHER RESOURCES FOR PARENTS

The Guidance Center, Inc. is an agency that provides counseling, parenting support, and educational groups for families. See www.guidancecenterinc.org or call 617-354-2275.

Parenting Resource Associates, Inc. offers groups for parents, individual coaching, and other resources. Information at www.parentingresourceassociates.org or call 781-862-4446.

Families First Parenting Programs offers workshops and classes for parents in the Boston area. See their schedule at www.families-first.org or call 617-868-7687.

Exercises and Stretches for New Parents

Being a parent is hard work, sometimes very hard on your shoulders, back and neck. Bring your baby (up to one year) and learn ways to feel better in your body and enjoy your life as a parent. Presenter: Sybille Bosslet, Physical Therapist

Friday, September 15th, 10:30 am to 12:30 pm

Moore Youth Center,
12 Gilman St. (off Western Ave.)



Have a Healthy Winter

An evening with Dr. Robert Meyer. He will talk about common health concerns and getting ready for the winter months with your baby. Bring your questions and suggestions to share.

Presenter: Dr. Robert Meyer, Pediatrician

Tuesday, October 24th, 6:30 to 8:00 pm

Windsor Clinic, 119 Windsor Street (near Central Square)

For information and to sign up for either of these workshops, call Marie-Noelle Doucet, 617-349-3003.

DADS' MORNING OUT

Dads and kids ages 0-6 play together and then dads have time to talk. Fall schedule and locations to be announced; call 617-349-6385 to be put on the group list for updates.

Saturdays twice a month.

Facilitator: Rick Colbath-Hess

THE RENAISSANCE JOURNEY

This 6-week evening group for mothers focuses on creating a supportive community and caring for ourselves. Dinner and childcare are provided.

Fall session starting in October. To find out more, call Nadine Jones-Ruffin, 617-349-6967.



THE PARENTING JOURNEY

The Parenting Journey is a 12-week group that helps parents increase their understanding and skills to be a good parent. Meals and childcare for children over 18 months provided. For information call Delores Reyes or Ann Marie Teuber, 617-628-8815. Limited space.

The Family Center, 366 Somerville Ave., Union Square
New group starting September 12th, 5:30-7:30 pm.

Center for Families Childcare Policy: The Center for Families provides limited childcare for many of our parent groups, classes, or meetings. We ask that you use childcare if you would not be able to attend otherwise. If you have an alternative (spouse, babysitter, friend, etc.) it is often easier for young children to be at home. If you plan to attend a parent group or meeting, please call to sign up for childcare at least two days before the group so we can have enough staff and plan for special needs. On the day of a group we can accept children up to our safety limit for the day, but we cannot guarantee childcare for anyone who is not signed up. Because we serve families of children 0-6, we must limit childcare to those ages in most cases. If you want to bring an older child, please contact us to discuss your situation. If you have any questions about childcare, call Nadine at 617-349-6967.

SUPPORT FOR NEW PARENTS

Be healthy. Please keep children home if they have had a fever, chronic cough, or throwing up within 24 hours of activities.

PARENT INFANT GROUP

(parents with infants 0-14 months)

These are informal support and playtime groups for parents or caregivers with infants. The groups offer the opportunity to share experiences, ask questions, and meet other parents while babies explore new activities. Please choose only one group to attend per week. Just drop-in! Come and go as you need. No pre-registration required.

Facilitator: Marie-Noelle Doucet

Mondays, 12:30-2:30pm, Center for Families, 70 Rindge Ave.

Thursdays, 12:30-2:30pm, Margaret Fuller House, 71 Cherry St.

No Pre-registration Required



INFANT MASSAGE

(parents with infants 2 months - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage can also help with digestion, sleep, and baby's health. This is a fun and relaxed five-week group with an optional one-session workshop for babies' other caregivers. Groups are held in locations that are convenient for parents.

Instructor: Marie-Noelle Doucet, CMI.

Call 617-349-3003 to sign up for the next session



DOULA PROGRAM SUPPORT GROUPS

The Doula Program at the Cambridge Health Alliance offers two groups run by multilingual Doulas (birth and parenting coaches). Bring your baby and relax. Groups are open to all new parents in Cambridge.

Open Discussion Wednesdays 10 am to noon

Breastfeeding Group Thursdays 10 am to noon

Call Carol Densmore for more info: 617-665-1164

Cambridge Birth Center, 8 Camelia Avenue

(across from the entrance of the Cambridge Hospital).



WOULD YOU LIKE AN EARLY CHILDHOOD EDUCATOR TO VISIT YOU AND YOUR BABY AT YOUR HOME?

"Let's Talk...It Makes A Difference!" is a free program for parents of children birth to 15 months living in Cambridge. A Home Visitor will come to your home and show you how to build language development through every day activities. Your baby will receive new books. You will get lots of information at no cost! To sign-up for a visit, call Greta Hardina, 617-665-3825.

MORE PARENT-CHILD ACTIVITIES

Cambridge Community Playgroups

Playgroups for parents/caregivers and children 1-5

Cambridge Community Playgroups are group activities for children and their parents or caregivers to attend together. Playgroups provide activities that help children learn and experience being part of a group. Groups are open to children from 1 to 5 years old, including children with special needs. Fall groups will begin the week of September 18th and run through the week of November 6th.

Each playgroup can serve a limited number of children. Families give their top three choices and a lottery is used to make sure that everyone has an equal chance of getting into a group of their choice. Families who did not get in the last time are given first priority. Sign-up forms for Fall playgroups are due September 14, 2006. You can get a form by stopping by the Center for Families (70 Rindge Ave. rear) or the Child Care Resource Center (130 Bishop Allen Drive), or by calling Nadine at 617-349-6967 or Michelle at 617-547-1063 x 271. You will be called with your group assignment.

Fall Playgroups will be held at:

King Open School, 850 Cambridge Street

Center for Families, 70 Rindge Avenue

Windsor Head Start, 119 Windsor Street

Moore Youth Center, 12 Gilmore Street

Center for Families, 70 Rindge Avenue

Tiny Tots, Center for Families (15-24 month olds only)

Jefferson Park Head Start, 280 Rindge Avenue

Mondays, 10:00-11:30 am

Mondays, 10:00-11:30 am

Mondays, 2:30-4:00 pm

Tuesdays, 10:00-11:30 am

Tuesdays, 3:30-5:00 pm

Wednesdays, 10:00-11:30 am

Thursdays, 3:00-4:30 pm



CENTER FOR FAMILIES NEWS



Join Our Family Partners

Let your creativity loose and help the Center for Families at the same time. The Center for Families' staff wants your help planning groups, workshops, and activities for your family and for the community.

Our "Family Partners" gather three times during the year to share ideas and plan activities. We ask everyone who attends a Center for Families activity or group to come to at least one of these gatherings and help out with one of our family fun events. Having everyone participate helps us to be a better program and creates a stronger community for all our children. Plus, there is always free food, good conversation, and lots of fun! Childcare will be available; you must sign up for childcare in advance. Call Jenn with questions and suggestions: 617-349-3002.

Please join us at one or more Family Partners gatherings. Saturdays, October 7th, February 10th, May 12th, 9:30-11:30 am
The October 7th meeting will be at the Center for Families, Peabody School, 70 Rindge Avenue (rear).

FAMILY FUN

Put on your Dancing Shoes and Come to the Fall Family Dance!

Let's swing, twirl, stomp, slide, and boogie. Come meet up with families and friends for a Friday evening family dance, **Friday October 20th, 6:00-7:30 pm** at the Peabody School Cafeteria (70 Rindge Avenue, rear entrance). We'll be playing music to get adults, kids, and even babies moving.

Bring a picnic dinner for your family, beverages and dessert are provided. Help us make this dance a blast by inviting your friends and neighbors, and feel free to sing along.



Call Jenn for more information or to help: 617-349-3002.

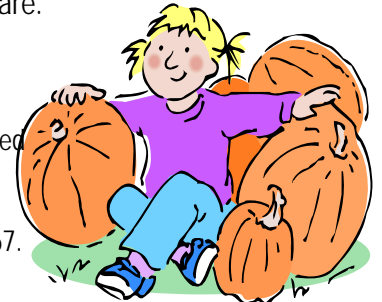
Celebrate Pumpkin Day

Come out to join us for a harvest time party at our annual Pumpkin Day Celebration. We'll be decorating pumpkins, enjoying fall fruits, and playing special games. Come dressed in costumes if you want (but nothing scary please). And feel free to bring a snack or goodie to share.

**Friday, October 27th,
10:00 - 11:30 pm**

Location to be announced

Please... Call Nadine
to sign up: 617-349-6967.



PARENT-TO-PARENT BULLETIN BOARD

This space is for parents' seeking information or assistance to post a notice. If you can help, contact the listed person directly. If you would like to post a notice in the next issue, contact Jenn Kapuscik (jkapuscik@cambridgema.gov). We can only print requests for assistance or offers of donations; no advertisements for goods or services.

Changing Table

We have a standing changing table that we'd like to give to a daycare center or family daycare provider. Call Jenn if you can help us find a good home for it. 617-349-3002.

Your Message Here.

COMMUNITY EVENTS & ACTIVITIES

DANEHY PARK FAMILY DAY

Mark your calendar for the 11th Annual Danehy Park Family Day on Saturday, September 30th. This free event, sponsored by the City of Cambridge offers something for everyone: **roving performers, giveaways, food, arts and crafts, kites galore, amusement rides, and music for all tastes.** The Center for Families will have a special area set up for infants, toddlers, and preschoolers. Come join us for a lovely day out. Picnics and lawn chairs are encouraged.

Danehy Park is located at 99 Sherman Street between Garden Street. and Rindge Avenue. Free shuttle buses will be running from Alewife MBTA station and throughout Cambridge.

For more information, call Maryellen Carvello, 617-349-4301 or the Center for Families, 617-349-6385.

Saturday, September 30th, 11:00 am-4:00 pm No rain date.



Area IV Pride Day

**Saturday, September 16th,
12 noon - 6:00 pm**

CELEBRATE COMMUNITY LIFE

This is a fun opportunity for neighbors to visit and enjoy food, games, music, a youth basketball tournament, and activities for kids

and families. You can also learn about local resources.

Organized by Margaret Fuller Neighborhood House with help from local Youth Centers, the Cambridge Police, and residents.

All activities happening in and around Clement Morgan Park,
Columbia and Washington Streets, near Central Square
Rain date Sunday, September 17th

CCRC Early Learning Opportunities Activities for Caregivers and Children 0-5

Sounds We Hear in the World

Come enjoy a morning of singing and dancing to the sounds we hear every day. We'll make music, rhythm, and lots of fun.

**Thursday, September 21st,
10-11:30 am**

**Center for Families,
70 Rindge Ave. (rear)**

Call Michelle for information:
617-547-1063 x271



Celebrate Family Literacy Fun Day

Saturday, November 4th, 2006

10:30am to 2:30pm



Cambridge City Hall

(Mass Avenue, Central Square)

Organized by the Cambridge Public Schools Title I Program, the City of Cambridge, the Agenda for Children, and the Cambridge Family Literacy Collaborative.

See Nature at Fresh Pond

The Friends of Fresh Pond sponsor activities that parents and kids can enjoy together.

Find more information on their website at
www.friendsoffreshpond.org.

Welcome to Fresh Pond

Saturday, September 16th, 1-3:30 pm

Meet at Ranger Station, Water Treatment Plant

Tour of the Water Purification Facility

Monday, September 18th, 6-7:30 pm

Meet at Water Treatment Plant



Welcome Fall Birdwalk

Saturday, September 23rd, 8:30-10:30 am

Meet at Neville Place (650 Concord Ave.)

To sign up contact Elizabeth Wylde at (617) 349-4791 or email friendsoffreshpond@yahoo.com.

COMMUNITY EVENTS & ACTIVITIES

East End House Family Activities



The East End House, located at 105 Spring Street in East Cambridge, near Lechmere, offers many services and programs for families and individuals in the community. They have activities for seniors; childcare programs for infants, toddlers, preschool,

and school-age children; computer classes; a food pantry; and many other opportunities for fun and learning.

East End House and the Center for Families are working together to offer more new programs for families. For information, call Camille at 617-876-4444 or see their website at www.eastendhouse.org.

Computer Classes at Margaret Fuller

Free Basic Computer Classes are offered for Cambridge residents at the Margaret Fuller Neighborhood House, 71 Cherry Street near Central Square.

Introduction to Using E-Mail

This is a four-week class for people who are already familiar with the computer, but want to learn the Internet and email.

Mondays 6-7:30 pm, (three classes available)

September 11-October 2, October 9-30, or November 6-27

Introduction to the Personal Computer

This is a three-week class for beginners.

Thursdays 6-7:30 pm, December 14, 21 and 28

To register for a class, come to the Margaret Fuller Neighborhood House, 71 Cherry St., or call 617-547-5680 weekdays from 10-5, or email the teacher at billnadleratfy@yahoo.com.

Walk for your health, walk to save gas, walk to cut pollution, or just walk because it's a fun way to get to know your community. Cambridge is a great walking around town.



Join the city-wide **Walk / Ride Days** on the last Friday of the month, September 29th and October 27th. Walk, ride a bus or train, take a scooter, skate, bike, walk on stilts - or whatever! - to daycare, school, errands, or work... And wear something green as you leave your car at home! For more information, email walk-ride-days@comcast.net or www.greenstreets.blogspot.com.

Tuesday October 2nd is **Walk Your Child To School Day**, an International event that we observe in Cambridge. You can get a School/Neighborhood Mapping sheet to teach your children about walking safely in the area around their school or home by sending an email to jwalker@challiance.org or call the CambridgeWalks Program at 617-665-3834.

Cambridge Public Library Programs for Young Children

The Cambridge Library is a great place for families. Call your local branch for information about storytimes and family activities. Remember that the library also has museum passes you can check out with your library card. For listings see www.cambridgema.gov/~CPL/ or call 617-349-4038.

Main Children's Room, 359 Broadway (617) 349-4038

Baby Lapsit on Mondays 10:00 am (Sept. 11-25th only); Toddler Sing on Mondays 11:00 am; Preschool Story Time (3+) on Tuesdays 4:00 pm; and Toddler Story Time on Thursdays 11:00 am

Boudreau Branch, 245 Concord Avenue (617) 349-4017

Preschool Story Time (3-5s) on Mondays 10:30 am; Toddler Sing-Along on Wednesdays 10:30 am

Central Square Branch, 45 Pearl Street (617) 349-4010

Toddler/Preschool Story Time on Wednesdays 10:30 am; Toddler/Preschool Sing on Thursdays 10:30 am

Collins Branch, 64 Aberdeen Avenue (617) 349-4021

Toddler Sing on Tuesdays & Fridays 10:00 am; Preschool Story Time (3+) on Thursdays 4:00 pm

O'Connell Branch, 48 Sixth Street (617) 349-4019

Toddler Sing on Wednesdays 11:00 am; Stories and Crafts (3-7s) on Thursdays 3:30 pm

O'Neill Branch, 70 Rindge Avenue (617) 349-4023

Toddler Time on Mondays 10:30 am; Preschool Story Time (3-5s) on Thursdays 11:00 am

Valente Branch, 826 Cambridge Street (617) 349-4015

Preschool Story Time (3-5s) on Mondays 3:30 pm



COMMUNITY RESOURCES

For information about the **Cambridge Public Schools** call the **Family Resource Center** at 617-349-6551. Multilingual voice mail 617-349-6550 (Portuguese, Haitian Creole, Spanish).

The Cambridge Public Library has branches in many neighborhoods that offer a variety of activities for families. Call 617-349-4038 or go to www.cambridgema.gov/CPL.

Cambridge-Somerville Early Intervention provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919.

The Child Care Resource Center provides information about all childcare options in Cambridge. Call 617-547-1063. CCRC is also your contact for childcare subsidies. Their ABC Room has computers, a lending library and other resources and is open every weekday from 9:00-5:00 at their office in Central Square. See www.cccrcinc.org.

The Department of Human Service Programs (DHSP) runs many programs for children and families including **Preschool** and **School Age Childcare, Community Schools**, and **Youth Centers** around the City. For information, call 617-349-6200 or see www.cambridgema.gov/DHSP2.

The Community Learning Center offers adult education, including GED and ESOL classes; call 617-349-6363.

The Cambridge Multi-Service Center provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

The Cambridge Food Pantry Network provides food to families around the city. For information, call the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900.

The Children's Clothing Exchange is a program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.

The Cambridge Program for Individuals with Special Needs serves people with special needs from school age to adults. There is an after school group and a Saturday morning recreation program. Call 617-349-6200 for information.

The Cambridge Somerville Resource Guide has listings for more services: www.cambridgesomervilleresourceguide.org.

The Somerville/Cambridge WIC program provides nutrition education, breastfeeding support, referrals to community health care services, and nutritious foods for pregnant women, infants, and children up to age five. To be eligible for WIC, you must:

- Live in Massachusetts,
- Be pregnant; a breastfeeding or postpartum mother; an infant or child under the age of 5; or have a medical or nutritional need (risk), and
- Have an income that is at or below 185% of the poverty level.

Windsor Street Health Center, 119 Windsor Street, 617-665-3750
Hours: Monday 8 am-7:30 pm, Wednesday & Thursday 10 am-6:30 pm, Friday 8 am-4:30 pm, and 1st & 3rd Saturdays 8am-4pm

North Cambridge WIC office, Jefferson Park, off Rindge Avenue, 617-661-4084
Hours: Thursday 8:30 am-6 pm, Friday 8:30 am-4:30 pm

Free Classes for Parents /Caregivers

The Community Learning Center is holding special admission to all classes for Cambridge residents who are parents of young children, and also for child care providers who work in Cambridge. Sign up for ESOL, GED or high school diploma preparation, college preparation, or family literacy. Many classes include computer instruction. Classes are offered in the morning as well as in the evening, and take place at locations around the city.



To sign up, call Deborah Lerne Goodman at 617-349-6366.

Classes are funded in part by the 0 – 8 Council ELOA Grant from the U.S. Department of Health and Human Services.



Children's Clothing Exchange

The Children's Clothing Exchange allows parents to recycle clothes their children have outgrown and get clothes that they can grow into. For every item you bring in, you can take home something new(er).



The Exchange is located at Roosevelt Towers, 391 Evereteze Way near Cambridge and Windsor Streets and is open Tuesday-Thursday from 10-4pm.

The Clothing Exchange accepts donations of good quality clothing for ages 2 and up, and new underwear and socks for all ages.

Call for more information: 617 576-0039.

CENTER FOR FAMILIES STAFF

Jenn Kapuscik

Director

jkapuscik@cambridgema.gov

617-349-3002

(English)

Luz Hernández

Family Support Program Assistant

lhernandez@cambridgema.gov

617-349-6385

(English & Spanish)

Nadine Jones-Ruffin

Family Programs Coordinator

njonesruffin@cambridgema.gov

617-349-6967

(English)

Marie-Noelle Doucet

Infant Specialist

mdoucet@cambridgema.gov

617-349-3003

(English & French)

Fax:

617-349-6386

Web: www.cambridgema.gov/DHSP2/families.cfm

Email: centerforfamilies@cambridgema.gov

Center for Families

Office and Resource Room:

Peabody School Community Wing
(entrance at back of school)

70 Rindge Avenue
Cambridge, MA 02140

Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). Ours is one of 41 programs around the state that are part of the DOE Massachusetts Family Network and CTF Mass Family Centers programs. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-6. Activities are open to all Cambridge residents.

**Center for Families**

c/o Dept. of Human Service Programs

51 Inman Street

Cambridge, MA 02139

**Don't miss the 11th Annual
DANEHY PARK FAMILY DAY
Saturday, September 30th,
11:00 am—4:00 pm
See page 7 for details.**